

ABSTRACT OF THE DISCLOSURE

A method for producing a motion video image file from a motion image sequence, includes the steps of providing a first target data rate for a first image
5 frame of the motion image sequence; compressing the first image frame using the first target data rate, and storing the compressed first image frame in a motion video image file; providing a second target data rate for subsequent image frames of the motion video sequence, the second target data rate being lower than the first target data rate; and compressing the subsequent image frames of the motion
10 image sequence using the second target data rate. The method further includes the steps of storing the compressed subsequent image frames in the motion video image file; decompressing the compressed first image frame; and using the decompressed first image frame to provide a still image representative of the motion video image file.

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